



## Anshen News

Spring, 2012

### **Surgery? Vaccinations?**

If your animals have vaccinations or surgeries coming up, remember to contact Anshen beforehand.

We can provide herbs, usually given a week before surgeries and vaccinations and a week afterward, that will help your pets cope with the effects of these procedures.

### **Need More Time?**

### **Welcome, Spring!**

Though we didn't experience the full force of a Wisconsin winter, we always appreciate the warmer temperatures that come with the arrival of spring. It's a great time to take advantage of the fresh food that's in abundance right now. As you know, nutrition is a vital component to wellbeing. Many of us have fed our animal companions kibble diets with the idea that kibble helps prevent tartar build-up on their teeth. Unfortunately, this is not the case. We don't eat crackers to keep our teeth clean, right? While there are some good kibble formulas out there, we can improve their effectiveness by incorporating moist foods such as homemade, canned, or commercially prepared raw diets. For those of you with large breeds, where cost becomes a factor, try substituting just half of their meals with some form of moist foods. Moist foods have the advantage of not being overly processed, they have fewer carbohydrates, which we know can cause inflammation and cancer, and it is easier to rotate moist foods. Ideally, we would not feed the same food in a four-day period. Incorporating a probiotic such as the one made by [Animal Essentials](#) can help your animals better digest their nutrients and is very helpful when making food transitions (you can find Animal Essentials locally at [Nutzy Mutz and Crazy Catz](#)). If you have questions about which foods are most appropriate for your animals, let us know--we can



help!

Who doesn't? Remember, we offer later appointments on Tuesdays (follow-up appointments starting as late as 6:00) and Saturday appointments once a month. Upcoming Saturday appointments:  
May 5  
June 9  
July 14

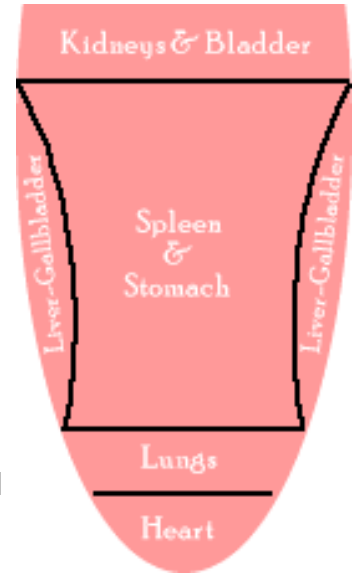
### We Need Your Help



We're rebuilding our web site and we need your help! If you'd care to [share](#) them, we'd love to add your testimonials about Anshen as well as photos of the animals we've worked with. Additionally, we would like to create a space on the new web site to remember those animals who have passed on. If you'd like to honor your pet, please send a photo and a short remembrance to [Nadia](#). Thank you so much for your help

## Understanding Tongue and Pulse Diagnoses

Tongue and pulse evaluation are methods used to determine an Eastern diagnosis in Traditional Chinese Veterinary Medicine (TCVM). We also use these techniques to monitor the progress of treatment. During an appointment Dr. Andrea will look at a patient's tongue and feel their pulses; you'll also see tongue and pulse diagnoses referenced in the report cards. We evaluate the color, shape, moisture, and coating of the tongue. Ideally, one's tongue should be pink and slightly moist. Different areas of the tongue itself correspond to specific internal organs (see illustration). If a tongue is red at the tip and dry the animal may have Heart Heat. If the tongue is purple then there may be Qi Stagnation or Blood Stagnation as a result of pain, problems with the liver, or the animal (or human) may have difficulty staying warm.



Pulses are more challenging to understand. A normal pulse should be even, forceful, and persistent between the left and right sides of the body. We measure the femoral pulse (inner thighs) in dogs and cats. We evaluate rate, rhythm, shape, force and depth. A fast pulse may indicate heat or pain. A weak pulse refers to a deficiency. We often palpate a weaker pulse in our geriatric patients; we will treat them with acupuncture and herbs to help strengthen them. Tongue and pulses are much more complex than the examples here- people spend years studying these aspects of Chinese medicine.

We use tongue and pulse evaluation as tools to help balance our patients with acupuncture, herbal formulations, nutrition and tui-na (massage). If you have any questions about tongue and pulse diagnoses as you read your report cards, just ask. We want you to understand these tools that help us improve your animal's health and wellbeing.

and for all you do for your animal companions!

### **Pet Insurance**

More pet owners are considering insuring their animal companions.

Several Anshen clients have chosen Pet Plan; Pet Plan covers acupuncture and chiropractic treatments in addition to more traditional Western medicine. Click [here](#) for more information.

(FYI, Anshen does not receive any kickbacks from Pet Plan. We're just recommending a product you might like that has worked well for several of our clients.)

### **Contact Info**

nadia@anshenvet.com  
608-333-7811

### **Patient Profile: Abby**

Abby is a Jack Russell Terrier who will be 14 in November. Abby first came to Anshen in 2009; her mom, Kathleen, was interested in TCVM to prevent a reoccurrence of the liposarcoma that claimed one of Abby's front legs. With regular acupuncture treatments, herbs, and excellent nutrition, Abby has remained cancer-free. As you might guess, she's quite a character. She loves to fetch a tennis ball, go on walks, snuggle under blankets, and hog the chair she shares with Kathleen. She loves steak but her very favorite food is spaghetti. When Kathleen makes spaghetti, Abby will fetch objects from the bedside table and bring them to Kathleen in hopes of being rewarded with a few noodles. Terriers! We're so happy to be able to help Kathleen keep Abby happy and healthy and enjoying Italian cuisine! Brava Abby!



### **Focus On: Pet Pals**

Pet Pals is a program developed by the UW School of Veterinary Medicine and the UW Children's Hospital. Volunteers and their canine companions visit pediatric patients of the Children's Hospital. Check out this article (and our friend Elvis!), and for more information on becoming a Pet Pals volunteer, click here.

